**whip kick –** drop feet down pulling toes towards knees, turn feet out and move them outside the knees, whip them around and together, called breaststroke kick when performed on stomach

**elementary backstroke –** survival swimming stroke, on back, flat and horizontal, arms move simultaneously, slide up along ribs, out from arm pits, push down to hips (cues - arms: up, out, down)(cues - kick: down, out, around)

**breaststroke –** survival swimming stroke, prone position (on stomach), arms stay in front of swimmers shoulders, pull arms around towards chest then straight out in front (cues - kick: up, out, around)(cues - timing: pull, kick, glide)

**survival swimming stroke –** strokes that can be performed for longer periods of time because energy is saved by keeping the arms under the water,

ex. elementary backstroke, breaststroke, sidestroke

